

156 Club Newsletter

156 Club location:
156 NW 3rd Street
Forest Lake, MN 55025
651-464-9906

Mail & Donations to:
Forest Lake Alano Society
PO Box 101
Forest Lake, MN 55025

156AAClub@gmail.com

Website: 156AAClub.org

February, 2023



156 Club –*Recover with Us!*

A new beginning every day!

The **156 Club** is home to 27 AA, NA and Alanon meetings, either open or closed, for those in recovery and those with a loved one who is an alcoholic/addict. Meetings are held in person at the 156 Club, except for those held on-line.

[Note: Meeting schedules are NOT changed for holidays]

For the most up to date meeting and other Club information, visit our website at: 156AAClub.org.



Providing a Safe Place for Recovery Since 1975

The 156 Club is administered by the Forest Lake Alano Society Board of Directors as a safe and encouraging place for 12 Step meetings and those in need of support for addiction recovery.

Step 2: “Came to believe that a Power greater than ourselves could restore us to sanity.”

Tradition 2: “For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

FEBRUARY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	Fellowship & Speaker 4
Boundaries for Recovery 4:30 5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	Board Meeting 28				

www.free-printable-calendar.com

FLAS / 156 Club events:

Club AA Meetings can also be found at 156aaclub.org/schedule-1

- **Next Speaker Meeting – Feb 4th**
Fellowship/Pot Luck 6 - 7 pm
Speaker 7:00 pm = **Rick N.**
contact Brett M. @ btfrstlk@gmail.com
- **Boundaries for Recovery:**
Repeat session for women who missed it or wanting a refresher
- Sunday, Feb 5th @ 4:30pm (1hr)
contact Martin H. @ [651-276-7241](tel:651-276-7241)
- **FLAS Monthly Board Meeting**
(all welcome, Zoom link avail from Dave G.)
Tue, Feb 28st, 7:00pm Upstairs/Zoom

Other AA events/resources:

- St. Paul Intergroup info:
 - <https://www.aastpaul.org/>
 - 24 hr AA call line: (651) 227-5502
 - Lifeline Newsletter:
<https://www.aastpaul.org/?topic=12>
- Gambler's Anonymous info:
 - <http://www.minnesotaga.com/find-a-meeting.html>

News From 156 Club:

Fellowship News

Announcement of 2023 FLAS Board of Directors!

At our **Society's Annual Membership meeting on January 10th**, you elected 3 new board members to serve 3 yr terms and 3 members to serve out terms held by directors who resigned early. Chuck K, Brett M. and Martin H were elected to 3 year terms. Tanya S was elected to fill a 2 year term. Abbey H and Petur E were both elected to 1 year terms. Also at our Annual meeting, we ratified an amendment to our By-Laws and reported our finances. **The new FLAS Board Officers are listed at the bottom of this newsletter.** Please join in congratulating & thanking all of our new and continuing Board members as well as those who's terms have expired for their service!

Message from Dave G. (outgoing Board President):

Over the past year as president and in my prior years on the board, I have been humbled and gratified to be able to serve our recovery community at the 156 Club! We have been working hard to continuously improve the environment in our house so that the AA meetings held here can be as effective as possible for all of us. I congratulate Brett (new Board President) and the entire new Board and thank them for their dedication to our house and our recovery community! All the best! – Dave G

A Step 2 reflection... [excerpted from "What is Step 2?", [Alpha 180 Behavioral Health](#).]:

In the Big Book Step 2 states that, "We came to be aware that a Power greater than ourselves could restore us to sanity." There is essentially one chapter that is completed dedicated to this step, and that is "We Agnostics" (*BB* pgs 44-57). In this chapter, the problem of the alcoholic and addict is outlined as a lack of power, as seen on page 45. The truth and beauty of step 2 in the in the 12-step program of Alcoholics Anonymous is that it never asks us to believe in any one specific thing. Instead, it only asks us to believe, or at least become willing to believe, in something bigger than ourselves. It is clear that the basis of step 2 is less about becoming a religious fanatic and more about growing in understanding of the fact that we are not the chief power in the universe, and then building a belief about something bigger than ourselves.

Please visit our website! 156AAclub.org

Club Service Opportunities

Intergroup Phone and Night Owl help needed: Please contact Paul B. for more information @ baulpowser@hotmail.com

Support your FLAS: Please consider an FLAS membership. The membership cost will remain at \$60/yr minimum or \$5/mo. The 156 Club only accepts \$ contributions from those in AA. We do accept service to the house from anyone.

Also Remember to:

- Take advantage of On-Line recovery resources
- Talk to your Sponsor and Use your Phone List to talk to others in your squad or find out about on-line video AA meetings.
- Join the Forest Lake Alano Society for \$5/month. This is a great way to strengthen your recovery with service! Look for annual pledge notice and envelopes at the Club

FLAS 2023 Board of Directors

President – Brett M. (btfrstlk@gmail.com)

Vice President – Chuck K
(charleskropelnicki6@gmail.com)

Secretary – Petur E (petur.einarsso@gmail.com)

Treasurer – Abbey H (mamabear.jjbear@gmail.com)

Asst. Treasurer – Rudy B (rudybachelor@gmail.com)

Director & Maintenance Coordinator – Trever B.
(arsbud@hotmail.com)

Director & Literature– Tanya S.
(sboardmember@gmail.com)

Director & Squad Liaison – Martin H.
(mhsix7@gmail.com)

Director & GSR/Intergroup Liaison – Paul B.
(baulpowser@hotmail.com)